



National Nutrient Database for Standard Reference  
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Statistics Report 20044, Rice, white, long-grain, regular, raw, enriched

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	11.62	58	0.332	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Energy	kcal	365	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Energy	kJ	1527	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	7.13	70	0.134	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Total lipid (fat)	g	0.66	--	0.053	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Ash	g	0.64	60	0.022	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Carbohydrate, by difference	g	79.95	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Fiber, total dietary	g	1.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Sugars, total	g	0.12	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">1</a>	g	0.08	--	--	0.02	0.15	1.0	--	--	1	Analytical or derived from analytical	--	09/2002
Glucose (dextrose) <a href="#">1</a>	g	0.02	--	--	0.02	0.02	--	--	--	1	Analytical or derived from analytical	--	09/2002
Fructose <a href="#">1</a>	g	0.02	--	--	0.02	0.02	--	--	--	1	Analytical or derived from analytical	--	09/2002
Lactose <a href="#">1</a>	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	09/2002
Maltose <a href="#">1</a>	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	09/2002
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
<b>Minerals</b>													
Calcium, Ca	mg	28	--	3.052	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Iron, Fe	mg	4.31	--	0.584	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Magnesium, Mg	mg	25	--	1.776	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Phosphorus, P	mg	115	--	3.642	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K	mg	115	--	10.363	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Sodium, Na	mg	5	--	1.051	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Zinc, Zn	mg	1.09	--	0.068	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Copper, Cu	mg	0.220	--	0.016	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Manganese, Mn	mg	1.088	--	0.049	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Selenium, Se	µg	15.1	--	5.193	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1992
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Thiamin	mg	0.576	--	0.020	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Riboflavin	mg	0.049	--	0.011	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Niacin	mg	4.192	--	0.323	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid	mg	1.014	--	0.194	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Vitamin B-6	mg	0.164	--	0.008	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Folate, total	µg	231	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1997
Folic acid	µg	223	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2000
Folate, food	µg	8	--	0.962	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Folate, DFE	µg	387	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Choline, total	mg	5.8	--	--	--	--	--	--	--	--	Calculated or imputed	20045	12/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Vitamin E (alpha-tocopherol)	mg	0.11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	20045	09/2002
<b>Lipids</b>													
Fatty acids, total saturated	g	0.180	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:0	g	0.161	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:0	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Fatty acids, total monounsaturated	g	0.206	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:1 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:1 undifferentiated	g	0.203	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.177	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:2 undifferentiated	g	0.146	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated	g	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
<b>Amino Acids</b>													
Tryptophan	g	0.083	95	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Threonine	g	0.255	127	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Isoleucine	g	0.308	109	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Leucine	g	0.589	125	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Lysine	g	0.258	141	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Methionine	g	0.168	121	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cystine	g	0.146	53	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Phenylalanine	g	0.381	104	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Tyrosine	g	0.238	173	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Valine	g	0.435	109	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Arginine	g	0.594	96	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Histidine	g	0.168	96	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Alanine	g	0.413	84	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Aspartic acid	g	0.670	83	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glutamic acid	g	1.389	83	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glycine	g	0.325	84	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Proline	g	0.335	98	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Serine	g	0.375	84	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
<b>Flavonoids</b>													
Isoflavones													
Daidzein <a href="#">6 7</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein <a href="#">6 7</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones <a href="#">6 7</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers <a href="#">2 3 4 5</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers <a href="#">2 3 4 5</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers <a href="#">2 3 4 5</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers <a href="#">2 3 4</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) <a href="#">2 3</a>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6m, 2002 Beltsville MD

<sup>2</sup>Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. **Screening foods containing proanthocyanidins and their structural characterization using LC-MS/MS and thiolytic degradation**, 2003 J. Agric. Food Chem. 51 pp.7513-7521

<sup>3</sup>Hellström, Törrönen, A.R., and Matilla, P.H. **Proanthocyanidins in common food products of plant origin**, 2009 J. Agric. Food Chem. 57 pp.7899-7906

<sup>4</sup>Pereira-Caro, G., Cros, G., Yokota, T., and Crozier, A. **Phytochemical profiles of black, red, brown, and white rice from the Camarque region of France**, 2013 J. Agric. Food Chem. 61 pp.7976-7986

<sup>5</sup>Qiu, Y., Liu, Q., and Beta, T. **Antioxidant activity of commercial wild rice and identification of flavonoids compounds in active fractions**, 2009 J. Agric. Food Chem. 57 pp.7543-7551

<sup>6</sup>Horn-Ross, P. L., Barnes, S., Lee, M., Coward, L., Mandel, E., Koo, J., John, E. M., and Smith, M. **Assesing phytoestrogen exposure in epidemiologic studies: development of a database (United States)**, 2000 Cancer Causes and Control 11 pp.289-298

<sup>7</sup>Liggins, J., Mulligan, A., Runswick, S., and Bingham, S. A. **Daidzein and genistein content of cereals**, 2002 Euro. J. Clin. Nutr. 56 pp.961-966